

# Clarke university COURIER

March 4, 2011

Dubuque, Iowa

Volume LXXXI

Issue No. 7

Macklin-Mailander Lecture

## BVM sister stresses history of service

lisa gibbs  
staff writer

Lou Anglin, BVM, concluded with a quote from Martin Luther King, Jr. to add emphasis to her Macklin-Mailander Lecture "Side by Side: Making a Difference." Tuesday evening, "Everybody can be great because everybody can serve."

Anglin began her lecture by describing the different orders of religious sisters who have traveled to the United States and have helped bring about social change.

In 1843, Mary Frances Clarke and her BVM companions came to Dubuque. Shortly after, the Sinsinaw Dominicans, Presentationists, Franciscans and Trappistines arrived in Dubuque. The sisters came together and worked side by side to accomplish whatever had to be done.

They have been driving forces behind education, health care, social services agencies, labor, and wherever the need was most evident. Some well-known places that were powered by the call to action by sisters are Clarke



University, Mercy Hospital and Mayo Clinic, to mention a few.

Anglin also mentioned the "Women and Spirit Catholic Sisters in America" exhibit that will be on display until May at the River Museum. The exhibit shows the different lives, struggles and greatness involved in the story of religious women responding in times of need. Anglin said she was most influenced by the education aspect of service. She graduated from Clarke in

1983 and then taught school for two years before joining the BVM community. She continued to find her calling in teaching for over 19 years of service. Anglin currently serves on the Initial Membership Coordination Team for the BVM community working with women who are interested in the religious life and helping them find their vocation. She also leads service trips on community missions in Ecuador, advocating for BVM community vocation.

Anglin is also very active in the Dubuque community; she sits on the Clarke Board of Trustees and is also on the board of St. Stephen's Food Bank.

"Impacting positive social change, it is about seeing a need and meeting and responding to the need," said Anglin. This does not limit helping other people to only sisters or BVMs but it opens doors for everyone to help. The overall message is larger; it is about seeing a problem or need and responding or taking action.

"The message was clear from

Anglin's lecture to find your call or what you want to do and how it could help people and go do it," said Sarah Olberding, a freshman majoring in graphic design and business. "Everyone can do it, not just sisters."

Katie Sebastian, a freshman majoring in Spanish, found Anglin's lecture inspirational. "We can relate to their goals and vocations of helping other people."

Anglin mentioned that even the retired sisters continue to serve wherever they see the need of service. She gave examples of projects that sisters are working on such as political campaigns like right to life issues and natural resources. They are also working at food pantries, working in schools and parishes.

"Where there is a need, we see the call to action and we work together through prayer and side by side," said Anglin.

## Study: Freshmen stress levels highest ever

rolando sanchez  
staff writer

Do freshmen feel they are under more stress than ever? A study recently reported by the New York Times shows that this year's freshmen have record-breaking stress levels, mainly because of the economy and lack of potential jobs.

But, before worrying about a post-degree career, there are plenty of stressors that develop for an enrolled freshman.

"Financial concerns are certainly one of the many stressors that bring a college student into our Counseling Center," says Lorie Murphy-Freebolin, director of the Clarke Counseling Center.

Although some agree that freshmen are stressed in large part because of the economy, many Clarke University freshmen say they feel more pressure from the adjustment to college work and finding the solution for time management.

Tia Grap, freshman communication/philosophy major, says she is starting to manage her time a lot better in her second semester of college. "Since the beginning of this semester, I make to-do lists to manage my time," says Grap.

During her first semester it wasn't so easy. "I would spend

more time socializing, and cram my studying and homework into minimal time," said Grap.

At Clarke, many freshmen live on campus, therefore giving them an early taste of living on their own in the real world, being responsible for making their appointments, waking themselves up, and making it to practice and/or rehearsals on time.

Making the adjustment from high school to college for most is like moving to a different planet. For freshman baseball player Flavio Vincenti, a graphic design major who moved to the United States from Italy in late 2009, it has been quite an adjustment. "I have gone through many difficulties such as learning a new language, adapting to a new culture, and trying to stay focused on baseball," he says. Unfortunately, Vincenti is scheduled to have surgery on an injured shoulder that will prevent him from stepping on the diamond for the Crusaders in 2011.

Darisse Humphries, a freshman kinesiology major and sprinter for the Crusader track team, is dealing with many of the common freshmen problems. "Being on the track team, injured and deal-



photo by tyler oehmen

ing with school can be stressful."

Although it can be a difficult task trying to find a balance with school, track, rehabbing her leg and feeling the homesickness common to out-of-state students, Humphries says, "Over the past few weeks it has been hard to handle all at once, but the only thing I can do is put my best foot forward and do my best."

There are also the select few that hit the transition from high school to college in full stride. Freshman AT/PT major Issac Okey, from day one has just managed his time very well. "I make sure I

Continued on page 4

## Clarke sees success at Addy Awards

lacey reynolds  
staff writer

The hunt is over for Dubuque's most creative advertisements. The ADDY awards have been presented.

The ADDYs is an annual competition that recognizes creative excellence in the art of advertising. The American Advertising Federation (AAF) of Dubuque hosts the local competition, which is the first of a three-tier national competition.

To receive a national ADDY, one must first succeed at the local level. A panel of judges evaluates all creative aspects of each entry in each category to determine which entry is the most creative.

Categories include advertising for various types of media such as television, newspaper, radio, interactive media, and mixed media.

Gold ADDYs are given to entries that are of the highest level of creative excellence, and Silver ADDYs are given to those entries that are outstanding.

Continued on page 3

### campus life



Astrology: You may have been wrong all along...

### Clarke plus



St. Patrick's day and why this Clarke student loves it.

### sports



New coach Eric Plunkett joins his mentor on the sidelines.

### weather



Rain. High 44. Low 30. Enjoy the sun...if you are a spring break traveler.



# 2 — CAMPUS LIFE —

March 4, 2011



## Eagles Recognized for Service

Clarke students were recognized with certificates Thursday, January 27, for their participation in the Dubuque Eagles "Eyes on the Future" Committee. The Eagles Committee engages students from Clarke University, Loras College, University of Dubuque, NICC, Senior High School, and Wahlert Catholic High School to assist young students and those who are less fortunate. Founder and chairperson of the organization Michael Duehr gave the awards. Some of the accomplishments of the committee in its first years include purchasing new tennis shoes for children in the Big Brother-Big Sister Program in a back-to-school initiative and buying turkeys and hams at Thanksgiving for the Maria House and Theresa Shelter. The committee also donated \$300 to a family with four boys who struggled during the Christmas season. All students are invited to participate. Pictured above are, from left, Tatum Curry, Sara Gansen, Clarke President Joanne Burrows, Founder and Chairperson of the Eagles Committee Michael Duehr, Heidi Corbett, and Matt Shannon.

## Who moved my sign?

## Those astrological changes....

Kristen Koester  
staff writer

"Hey baby, what's your sign?" Did that pick-up line ever really work? Well, this year it will be a lot more complicated. It is being said that astrology is ignoring some very real and basic astronomy. It may change the way you look at the stars and perhaps yourself.

Professor Parke Kunkle, a board member of the Minnesota Planetarium Society, says the Zodiac has a date problem. Right now, it's pointing to the North Star, but in 3000 BC it was pointed in a different direction. "Now things have moved and the sun is in a different constellation. We're about a whole constellation off," said Kunkle.

The astronomers from the Minnesota Planetarium Society found that because of the moon's gravitational pull on Earth, the alignment of the stars was pushed ahead by about a month.

When astrologers say that the sun is in Pisces, it's really not in Pisces, said Kunkle. "Your astrological sign is determined by the position of the sun on the day you were born, so that means everything you thought you knew

about your horoscope is wrong."

Jackie Fleming, a senior nursing major who loves reading her horoscope, has realized that her Zodiac sign is now a Pisces instead of an Aries. As she reads over the personality traits of her new sign she is annoyed with her new expectations. "But I don't think people should go that crazy over it. I was born an Aries because of the Earth's position that day. Things have now changed so I think it would only affect those born this year and thereafter," said Fleming. She definitely agrees that a Pisces is personally not someone who she believes herself to be or even wants to become.

Kunkle said, "In science we deal with a long tradition of fact-based investigation. We are not in the business of interpreting the alleged relation between the positions of planets and human affairs. I can tell you what the science is, but I'm not going to tell you what your personality is based on the location of things."

It turns out that astrology has had issues from the beginning (aside from the fact that it tries to

link personality traits with positions of the stars). Ancient Babylonians had 13 constellations, but wanted only 12 to fit the calendar months, so they threw out Ophiuchus, the snake holder.

According to CNN, while the sign many people were born under may now be different, it shouldn't affect horoscope readings. If someone was born 50 years ago under the Aquarius Zodiac, he or she is not all of a sudden a Capricorn. With changing Earth rotations and gravitational pulls from the Moon, those who are born this year and after will fall into the new Zodiac dates.

"My whole life is off balance," senior social work major Jodie Muth jokingly said. "I can't eat, can't sleep, can't drink. I mean, you think you know something..."

Senior education major, Travis Ferrell, simply laughed when he heard the news about signs changing. "That's crazy; I feel like they've been scamming me for years now," he said.

## People Watching in Clarke's Fishbowl

Kristen Koester  
staff writer

"I people watch like it's my job. Sometimes I don't realize I do it, but when I am, you can tell. I get this stink face and I look really confused, but I'm not at all, I'm just checking people out," said Sam Dugan junior English major at Clarke.

With our Clarke community being so small, it's almost as if we are in a fishbowl, and it can be hard not to people watch. If you're in the SAC getting lunch, there are also people in the gym working out. High-traffic areas such as the cafeteria and Atrium are great spots to take on people watching, too.

"When I watch people it makes me interested in what they're thinking because sometimes their facial expressions are weird, too," said Dugan.

For some people watchers, it's all about creativity, using the moment of watching to try and guess at another person's story just from mere observation. People watchers observe speech, interactions, body language and activities. Indeed, all the senses can be put to use while people watching.

"By people watching, I've learned to cover my mouth when I yawn because, you have to admit, everyone looks ridiculous when they yawn," said Dugan. "I've also learned not to pick my nose in the car at a stoplight because even if you think the person next to you isn't looking... they are. That goes for singing in

the car, too. If you want to belt out a tune you have to hold the phone up to your ear and pretend you're talking so you don't look weird, because, trust me, if you're alone in the car and singing at the top of your lungs, you look insane. Everyone people watches; some are just better at it than others."

It's not about feeling superior to others or judging them; more than anything, you're a non-judgmental observer with a fondness for observing life as an art.

Freshman Charles Deneen doesn't agree: "I find myself in the Kehl Center watching athletes play basketball," he says. "It's funny to notice how people try harder when they have an audience to amuse. I get a laugh when they try to do something and fail miserably."

You'd be surprised at how many different ideas you get from other people without even knowing it.

Senior nursing major Carissa Vietmeier says "You can learn so many things by watching other

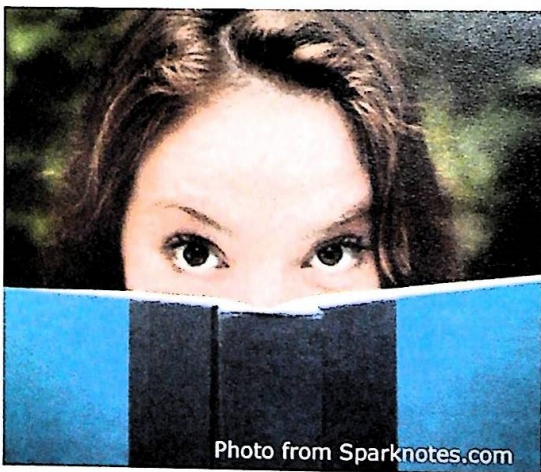


Photo from Sparknotes.com

people and sometimes relate it to yourself. I love when I catch a guy checking a girl out, or vice versa. It's pretty funny to watch and I'm guilty of it myself, but of course I'm not going to stop, I just try not to be as obvious."

The important thing about successful people watching is that you be inconspicuous. Sometimes when we're bored in class or daydreaming throughout the day, we find ourselves staring at other people without even realizing it. When this happens and you get caught, own up to it, flash a quick smile and look away. Although you never want to come off as weird, this is a very healthy alternative to Facebook creeping,

Know any celebrity look-alikes on campus?

Email Catalyst and Courier editors

Molly McCormick

Pete Dudek

Tyler Oehmen

Thanks for looking like Justin Bieber!

## Clarke University COURIER

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The Courier is a student-produced newspaper for the Clarke community. Opinions expressed herein do not necessarily reflect the opinions for the faculty, staff or administration of the college. The Courier welcomes input from members of the Clarke Community. Please send comments to MS 1801, Clarke University Letters must be signed and may be edited for content and length.

March 4, 2011  
Stuck in the

molly mccormick  
ad manager

Feel the warmth of the sun radiating down on your skin warming your whole body enough to make you comfortably warm and, maybe even a little sweaty. All your cares are put aside for a week, and the only worry you will have is who will get your next drink. You have no time where you need to be up and you can stay out as late as you would like. And wherever you go flip flops will be the shoe of choice. Sadly all dreams must come to an end, and if you aren't one of the few lucky college students who get to travel to a nice warm place for spring break, you're stuck here in the drizzly cold Midwest.

But, just because you did not plan months ahead and save up tons of money for your spring break getaway does not mean that you're doomed to a lame week off of school. There are some last-minute spring break destinations that are sure to make your week enjoyable. Starting off closest to home is the city of Galena, Ill, only 30 minutes from Dubuque. Galena is right on the river with a wonderful view of the Mississippi. It also has a lot of really different and interesting specialty shops, and even if you don't have the money to spend, taking time and window shopping is still enjoyable. If you're looking to travel to Wisconsin, a close spot from Dubuque

ADDY awards, continuing

ing and worthy of recognition. Assistant professor of graphic design Eric Wold helped guide his students with their design entries this year. "It is a thrilling experience for me to share my 13 years of design knowledge in the classroom," he said. "The students are receptive, creative and show great promise as young professionals in their field. I think the showing at the ADDYs reflects a refinement of craft and design language. I anticipate next year we will make a clean sweep of talent in the graphic design area." Winning entries were announced on Friday, Feb. 25 at the awards dinner at the Diamond Jo Casino. Clarke student winners are:

Amanda Balough  
Gold Ad: Brochure,  
Modern Mexican Cookbook



about your horoscope is wrong? Jackie Fleming, a senior nursing major who loves reading her horoscope, has realized that her Zodiac sign is now a Pisces instead of an Aries. As she reads over the personality traits of her new sign she is annoyed with her new expectations. "But I don't think people should be that crazy over it. I was born on that day. Things have now changed so I think it would only affect those born this year and thereafter," said Fleming. She definitely agrees that a Pisces is personally someone who she believes herself to be or even wants to become. Kunkle said, "In science we deal with a long tradition of fact-based investigation. We are not the business of interpreting the alleged relation between the positions of planets and human beings. I can tell you what the science is, but I'm not going to tell you what your personality is on the location of things." Turns out that astrology has issues from the beginning from the fact that it tries to

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# CAMPUS LIFE

March 4, 2011

## Stuck in the Midwest for spring break? No worries!

molly mccormick  
ad manager

Feel the warmth of the sun radiating down on your skin warming your whole body enough to make you comfortably warm and, maybe even a little sweaty. All your cares are put aside for a week, and the only worry you will have is who will get your next drink. You have no time where you need to be up and you can stay out as late as you would like. And wherever you go flip flops will be the shoe of choice. Sadly all dreams must come to an end, and if you aren't one of the few lucky college students who get to travel to a nice warm place for spring break, you're stuck here in the drizzly cold Midwest.

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Can't afford this for spring break? Never fear! There are plenty of closer destinations you can enjoy!

is Madison. The Veteran's Museum is a popular attraction along with the art museum. State street, seven blocks long, is known for its unique stores, and is great for people watching.

A little farther away is the Wisconsin Dells. Known for its many indoor water parks, the Dells is the best place to kick your winter blues and enjoy the pool. Staying indoors around the pool is the cheapest and fastest escape to Tropical Island.

Further from Dubuque, about an hour and a half, is Iowa City. Of course this town is known for the University of Iowa and many fun parties can be found there. It's important, though, not to overlook

the many other things that this city has to offer. Of course there are the usual art galleries and museums, but if you got the chance to attend any University of Iowa game, it will be well worth your money. The Coralville Mall is unique because it has an ice skating rink and a carousel in the middle of it. Of course Iowa City has great restaurants, coffee shops, and boutiques as well.

Two hours from Iowa City is Iowa's capital, Des Moines. Though it is a bit of a drive, there are many things to see and experience there. Downtown is the Botanical Center, the Science Center, the Historical Building and the Capital; all of these are must-sees.

At the Science Center you must see a 3D movie in the IMAX Theater. This experience is unlike any 3D movie you have seen before. The screen is in a dome shape and covers the whole side of the theater.

Downtown has a great eating area in the Court Avenue area. West Des Moines is where the biggest shopping mall in Iowa is, Jordan Creek Town Center. This area along with West Glen, a town center right by Jordan Creek, is a great way to spend a day and some of your money.

If you're looking to do some serious shopping, there is always Minnesota. It is known for the Mall of America, about five hours away from Dubuque. But what many people don't know is that downtown Minneapolis is also worth traveling to see. There are many old mills that have been turned into museums, shops, and even more boutiques and fun snack shops. There is a train that for \$6 takes people from the Mall of America to downtown Minneapolis and back. This is great way to save money and still see the city. Plus

if you get bored with Minneapolis, St. Paul is just across the bridge.

If you're looking to travel a little south, I would suggest St. Louis, even though it is six hours away. You would be surprised how much warmer Missouri can be than Iowa, although it is only a state away. Once you are in St. Louis visit the St. Louis Arch along with Busch Stadium, and the Edward Jones Dome where the Rams play. There are many shopping areas, but while you are at Busch Stadium, you must stop by Union Station only a few miles away. It is an old train station turned into a mall. If you are 21 or older be sure to visit the Casino Queen, you will be sure to have a good time.

So if you don't have the money, or didn't plan enough ahead to journey somewhere warmer than the Midwest, your week is not doomed. There are still many road trip options to fun and exciting places in the Midwest. So if you're looking to have an eventful spring break, gather up some of your friends for the weekend and make a trip to one of these many destinations.

### ADDY awards, continued from page 1

ing and worthy of recognition. Assistant professor of graphic design Eric Wold helped guide his students with their design entries this year. "It is a thrilling experience for me to share my 13 years of design knowledge in the classroom," he said. "The students are receptive, creative and show great promise as young professionals in their field. I think the showing at the ADDYs reflects a refinement of craft and design language. I anticipate next year we will make a clean sweep in the student submissions as the pool of talent in the graphic design area continues to grow and mature." Winning entries were announced on Friday, Feb. 25 at the awards dinner at the Diamond Jo Casino. Clarke student winners are:

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Gold Addy: Brochure,  
Modern Mexican Cookbook

Katelin Hermesen  
Gold Addy: Brochure,  
Comfort Table Cookbook  
Silver Addy: Brochure,  
Hidden Nook City Guide  
Silver Addy: Poster, Eurydice

Alyssa Breitbach  
Gold Addy: Brochure,  
Little Black Party Book  
Silver Addy: Brochure,  
Breakfast in Dubuque

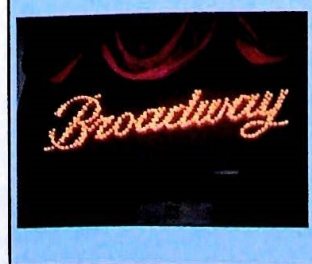
Adam Zalaznik  
Silver Addy: Poster, Wild Horses

Stephanie Kronlage  
Silver Addy: Mixed Media Campaign, Fall into Art

On the professional level, Clarke Director of Marketing Jamie Specht won the 2010 Silver Medal Award. The college also won several other awards for marketing efforts.

### 'Musical Menus' tickets now on sale

Clarke's music department will once again present Musical Menus on Thursday, March 23, Friday, March 24, & Saturday, March 25 at 6:30 p.m. each night in the Wahlert Atrium. Several Clarke students and alumni will perform throughout a gourmet five-course meal. Musical Menus has long been a tradition at Clarke and is known as one of the best musical theater reviews in the area. Tickets are now on sale at the switchboard and must be purchased in advance.



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# CAMPUS LIFE

March 4, 2011

## Housing renewal process works for Clarke

pam steffensmeier  
staff writer

The semester is flying by fast and it is time to start planning for next year.

On Monday, March 21 and Tuesday, March 22, students planning to live on campus for the 2011-2012 year will need to stop by the Residence Life Office in the SAC and sign up for the same room they have this year or pick a lottery number to select a new room. The room selection will be Wednesday, March 23 starting at 6 p.m. in the SAC.

The fundamentals of the housing selection process for returning students (same room sign up and a lottery for open rooms) has been in place for at least

15 years and no major changes have been made.

"I do like how the housing process works, higher rank (seniors get first choice, then juniors, etc.) and the lottery process seems the most fair," said Kristin Richardson, sophomore athletic training/ pre-physical therapy major. "Also, if you want to just skip the raffle and keep your current room, you can."

"This process works very well for students because it gives preference to current students," said Kevin Utt, director of Residence Life. Utt has worked in Residence Life at other colleges like the University of Indiana, Hanover, and Western Ken-

tucky University. At Western Kentucky University dorms are set up by year in school and gender. Students do not have the option of living in the same room for more than a year.

At the University of North Carolina, as at many larger schools, the housing renewal process is completely done online, and if students have a question about rooms or how the process works, they are required to contact the residence staff by email.

Clarke Resident Director Jill Pecoraro said she believes that Clarke's room selection process has been working well for Clarke students over the years.

"With Clarke's size, we can make it more face to face for the housing process," said Pecoraro. At the Housing Selection, students will be choosing their room with professional Residence Life staff present. It is a simple process, not done online but in person. "We are there to answer any questions, etc."

Alexis Gibbs, sophomore physical therapy and psychology major added, "I plan to live in Mary Ben again. I am hoping to live by my friends but have individual rooms. Having a double room as a single works a lot better for me. I love hanging out with friends, but at the same time I need time by myself."

While Becca Brown, sophomore business administration major, said, "I plan to live in Mary Fran because Mary Frances Hall is viewed as being more 'laid back' than the dorms that house underclassmen."

On Wednesday, March 16, time to be determined, Residence Life will be sponsoring an open house for Mary Frances Hall and the apartments for anyone interested in seeing some rooms.

If you have any questions concerning housing renewal, contact Jill Pecoraro.

## The lady behind your meal plan

catherine savitch  
campus life editor

When asked how many kids she has, Jane Luchsinger, the lady who slides meal cards at the entrance to the Clarke cafeteria, jokes, "all of you guys are my kids." For 25 years Luchsinger has worked at Clarke in food services and has been working this particular cafeteria job for 10 years.

"I enjoy it, the day goes by fast," said Luchsinger.

Luchsinger typically works 11 a.m. to 7 p.m. and sometimes works when extra help is needed on weekends or for special events. In the summer she does some cleaning at Clarke and summer events. On a daily basis she has a lineup of students and staff to pay for lunch.

"I try to give students a break if they forget their card or tell them to borrow a friend's flex until they find theirs," said Luchsinger. She says this, and the credit card machine are what sometimes slow down the lunch line.

Does Luchsinger have any pet peeves? Most people enjoy the variety of food in the cafeteria and love a lot of the favorites, but sometimes complain when there's too many good things in one day, or too wide variety!" she said. She explained that the cafeteria serves a wide variety of food and some people aren't used to that. She says



photo by tyler oehmen

Matt Ricketts and his staff work really hard to serve a wide variety of favorites and try out new entrées. They work to keep the food they serve nutritious and unique.

"It's always fun when people who have moved off campus come to eat and they're excited to be here—they've missed the food," said Luchsinger.

Luchsinger started working in the Clarke Cafeteria kitchen and later at the Atrium cart, a place that used to have subs, salads, soda and one hot entrée. She worked there during the lunch hours and spent her mornings working in a coffee shop that used to be located near the cafeteria in the kinesiology area. For

10 years in the '80's and '90's she managed the 'union' in the basement of Mary Fran—which used to be another place for students to grab something to eat. They had fusbal tables, TV's, and even served beer when the drinking age was 18.

Outside of work Luchsinger likes to walk, bargain shop, boat, and fish with her husband (who she just celebrated her 36<sup>th</sup> anniversary with). She also just started taking zumba classes! Her goal is to run the Bix, a run/walk in the quad cities, some year. Her three children have participated in the run almost every year and she's walked it a couple times. She has two sons, one daughter, and three grandkids that all live out of town so she tries to get packages out to them to spoil her grandkids at least once a month. She just found out that she will be having two more grandkids—one in June and one in August.

Luchsinger enjoys her job at Clarke and really tries to allow everyone to have a great experience in the Clarke cafeteria. "I try to treat people the way I'd want to be treated when I go out to eat," she said. "I love the college atmosphere; they keep me young at heart and I love to be supportive of teams and arts of Clarke."

## Tenth Muse writing contest results

lacey reynolds  
staff writer

Clarke's annual writing contest was held by the staff of the new literary magazine, the Tenth Muse. For the first time, the contest was held in the fall so the winning entries can be featured in the magazine's inaugural printing set for March, 2011.

This year's judge was Dubuque Heather Gudenkauf, New York Times and USA Today bestselling author of "The Weight of Silence." Her second novel, "These Things Hidden," was released on Jan. 25 to high acclaim.

1st Place  
"Have You Heard" (fiction) by Courtney Bryson Prize \$100  
2nd Place  
"Aunt Petrovina" (poetry) by Jess Leonard Prize \$75  
3rd Place

"Band Aids" (fiction)  
by Brenden West Prize \$50

Honorable Mentions  
"Silver Hairs" (poetry) by Sarah Lensen  
"Big Ben" (fiction) by Danielle Lensen  
"Prison Coffee" (nonfiction) by Jess Leonard  
"Scratch" (fiction) by Jess Leonard  
"Franchise Mode" (fiction) by Conor Kelley

The Muse staff also held a cover art contest. The entries were judged by the staff. The winner's piece will be featured on the cover of this year's edition.

Congratulations to Emily Cotton Cram, winner of the 2011 cover art contest.

### Freshmen Stress continued from page 1

go to bed at a decent hour every night", Okey says, "I have recently started studying in groups and go to the writing center." There are plenty of resources freshmen, as well as other students, can utilize on campus to help out with their course loads, such as the writing center, tutoring, as well as flexible hours that many professors offer. The Clarke Counseling Center offers some tips like: greet-

ing the day with a positive attitude; creating a to-do list to organize your daily assignments, practices, appointments or commitments; practicing self-improvement by working on both your strengths and weaknesses; reminding yourself the importance of your goals, and make your vision a reality. "Life will always bring opportunities as well as challenges," Says Murphy-Freebolin. "We often have little

control over experiences and circumstances that result in negative emotional experiences. We do, however, have a great deal of personal choice and control over how we feel and demonstrate our feelings."



# SPORTS

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March 4, 2011

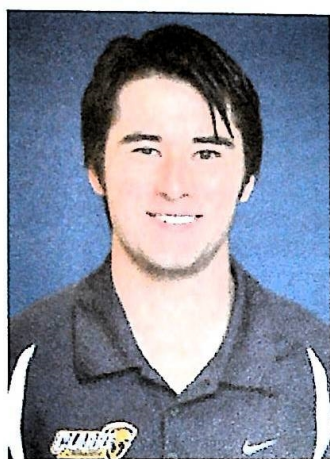
## Plunkett brings his talents to Dubuque

elliott carr  
sports editor

Many Clarke University men's volleyball fans may be wondering who the short, skinny, Asian guy sitting on the bench during games is. This finely dressed young man just happens to be a three-time national championship winning setter from California Baptist University, and he is continuing his volleyball journey in Iowa's oldest city in the form of coaching.

Eric Plunkett brings an endless list of accomplishments to Coach Kris Dorn's brotherhood: NAIA national championships in 2005, 2006, and 2007, all-tournament team at nationals in 2006 and 2007, offers from teams in some of Europe's best leagues, numerous victories over NCAA Division One teams.

And to think he is a man that many thought was not cut out to play at the collegiate level. They said he wouldn't be able to keep up with bigger, better athletes. "I'm not very tall and people said



New Clarke Men's Volleyball assistant coach Eric Plunkett

it would limit me in college" he said. "It was a big thing for me to overcome. Winning championships would not have been possible without the opportunity."

A highly advanced skill set, relentless determination, and an explosive vertical jump allowed

him to not only survive at the collegiate level, but excel in a sport that is typically dominated by the vertically gifted when he is only five feet nine inches tall.

Any discussion of Plunkett's career would be incomplete without mention of his role in one of the biggest upsets in all of collegiate athletics. As a junior in 2007, he and his teammates at California Baptist defeated the then NCAA Division One number one ranked team in the nation, BYU, in straight sets.

"We were ranked number one in the NAIA, and they were ranked number one in the NCAA and the newspapers were writing about it" he said. "All the fans in the area showed up to the game, it was at our place, both sides were packed, both sides were yelling and it was a great atmosphere."

Plunkett now hopes to bring this level of success to Clarke. "I can help with the knowledge of running a high level offense" he said. "At

Cal Bap it was one of the quickest offenses in the country; that is what I want these guys to learn. Also, I want to instill the mentality of being a winner, the desire and belief that they can win and that nothing is unreachable to these guys."

Coach K's influence as a mentor is obvious. Plunkett's freshman year at Cal Bap also happened to be Coach K's first year as an assistant coach there. "He always had a good relationship with all the players, we could all really talk to him and trust him" he said of Coach K. "It was a really easy decision to come out here because of the type of man he is. He was the main reason I was able to make this trip."

Going from the Bay Area to Dubuque is no doubt a huge transition, especially given that Plunkett had never lived in snow before, but it is a transition made easier by Coach K and his wife, JP Dorn, who is also an assistant coach of the men's volleyball team.

It goes without saying that the team enjoys having Plunkett around. "He helped me a lot this summer with getting extra reps in the gym" said senior Alex Wilharm. "It's an addition having an extra set of eyes in the gym helping us, and the setters really appreciate having an actual setting coach. It's also been fun having someone around our age to joke around with and make fun of."

A true volleyball addict, Plunkett participates in a form of the game known as Asian Nine-Man. He describes it as being "organized chaos." He says that despite the obscure rules, "it's still highly competitive and has good players."

Time will tell if Plunkett eventually accomplishes his ultimate goal, being an NCAA Division One women's head coach. But considering the invaluable experience of being mentored by Coach K, it would take a fool to bet against him.

### Power Balance Craze Hits CU

elliott carr  
sports editor

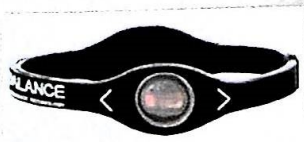
If you look at the wrists of NBA superstars LeBron James and Carmelo Anthony, you will notice they are adorned with colorful silicon bands. These are known as power balance bands and have developed a cult following among elite athletes. They can also be found on the wrists of numerous Clarke students. These bands "use holographic technology to work with your body's natural energy field," the manufacturers claim. By doing this, your body's core strength, balance, and flexibility is supposed to be increased.

There are even tests which claim to prove these facts, which can be found on the company's website. One involves standing on one leg with your arms spread and having someone push down on one of your arms. When you are wearing the band, manufacturers claim it is harder for the person pushing the arm down because it increases your core strength and balance. But just how credible are these pieces of silicon? Do they legitimately enhance athletic performance or are they simply another fad like the Abtrotic, the belt which when placed around one's stomach, was meant to give you a six-pack? Power balance bands were worn in the last Super Bowl, NBA Finals, and World Series, which has to give them some semblance of credibility.

Sophomore Clarke volleyball player Justin Allen is a believer. "I've done all the tests and I can definitely tell the difference" he said. "And if they're good enough for LeBron, they're good enough for me." However, it is fair to say these bands have their share of skeptics, one being junior volleyball player Dan Tringale. "There's no way some piece of rubber is going to make me a better athlete" he said. "All those guys were in the pros well before they began wearing them."

Eli Fitzsimmons, a senior basketball player, is also quick to dismiss them as nothing but a gimmick. "They will be forgotten in 12 months time" he said.

The opinion of this student-athlete is that the bands simply give the wearer more confidence. If you believe they are making you better, you will perform accordingly. Wearing one of these is essentially no different than wearing a "lucky" pair of socks, or listening to a certain type of music before a game.



### Bigger is better: NCAA expands bracket

andre navarro  
staff writer

The country's largest collegiate sports tournament has gotten just a little larger as Division I elected to expand the field from 65 to 68 teams. It is said to have been done to take away from the single play in game, which seems to have a very minimal relevance as is.

Every region will now have a play in game. (Instead of just one in one region) This expansion is mostly to benefit teams that compete in mid-major conferences as it is often said the tournament is heavy with major conference teams. Do not be surprised if there is another expansion in the near future, as an expansion to 96 teams has also been discussed.

Junior Clarke education major Cory Davidson gives his insight on the recent expansion, not to mention his money pick. "I think 68 teams is the max for the tournament," he said. "Once you get passed that, it completely takes away the significance of the regular season. The teams should be limited so the games will be more intense and have more significance. But I do agree that expanding to 68 teams is good for not only the sport, but the fans, especially the ones with the bracket challenges. And, after it is all said and done, I think Texas is going to win it. They are not just talented, but they are

nice young fellas."

March Madness begins on March 15 and goes until April 4. The first two rounds will be played in eight different major cities. As the tournament field diminishes, the remaining four teams will go on and travel to Houston to participate in the Final Four at Reliant Stadium.

The last two teams standing are set to take center-court on April 4. Now, they say that all teams have the same chance of winning it all once they qualify, but we all know that is not that case. This is the time of year where we think we are all master prognosticators. So you can be sure everyone will be walking around campus talking about how they know who is going to win, and how they had them the entire time.

"I think there are more than enough teams in the tournament," said Michelle Jamison, a junior accounting major. "But at the same time I feel that every team, regardless of record, should have an opportunity for a shot at the title. I would love to see a low-level team take it all instead of the same powerhouse teams. I would not mind seeing Kansas, Texas, or North Carolina win because of the potential that you can see in their individual players."

As always, the tournament is filled

with a bevy of talented teams that appear to have the credentials to win it all. This is the year for the Big East as they look to have a record number of teams enter this year's big dance.

Then again, if everything went as

photo: totalbluesports.com



Could BYU's Jimmer Fredette be cutting down the nets in Houston this March?

planned, the tournament would not be what it is today. No one really knows who is taking it all. Just like any other sports, it is all about getting hot at the right time, as did last year's defending champion Duke Blue Devils.

The addition of three teams also means three more opportunities for a team to get upset, adding to the relevance of the term "March Madness."



# BACK PAGE

March 4, 2011

## Warning: May be prone to shennanigans and malarkey

molli finn  
a&e editor



To me, March (not December) is the most wonderful time of the year. Department store windows are filled with clovers and leprechauns and pots of gold are found at the bottom of every rainbow. I am, of course, talk-

ing about Saint Patrick's Day! A national holiday in Ireland, March 17<sup>th</sup> is the celebration of the patron saint of Ireland who was burned to death on that date in 461 A.D. It is on this one festive day each year that people of all heritages can step away from their plate of spaghetti or put away their lederhosen and pretend to be of the noblest heritage of all, Irish! Even my 100 percent German roommate can be seen donning a green shirt and carting around a bottle of Jameson Whisky.

I, like many other Americans, am lucky enough to be of Irish descent. As a matter of fact, according to the 2000 U.S. Census, there are nearly nine times the number of people of Irish ancestry in the United States than in Ireland! Everything from my name, to my blindingly white skin to my four-leaf clover tattoo screams, "I'm Irish!" I see St. Patty's day as an opportunity to celebrate my ancestry.

The Irish immigrants fled famine, only to come to a country where people refused to hire them be-

cause of where they came from. Despite these disadvantages, the Irish overcame the obstacles and I am proud to have come from people with that kind of determination. The Italians may have created pasta, and the Germans may have pumped out a couple of supermodels, but we invented Guinness and produced the Kennedys! Top that!

While others may be out on St. Patrick's day, which falls on a Thursday this year, drinking their well rum and dancing to Ke\$ha songs, I will be sitting on my barstool

at The Lift celebrating like a real Irishman, with pint of Guinness. Not that drinking is the only way to celebrate, but it is the Irish way!

So, whether you are an O'Malley, McCarron, or Malone, or you hail from Cork, Galway, or Kildare, St. Patty's day is only a few short weeks away and it's time to start the celebration! The corned beef and cabbage has been bought and my "Kiss me I'm Irish!" shirt is washed and ready to go! I'll meet you down at the pub for a pint as soon as I'm out of class!

## Casino shows for the plus 21 crowd

pam steffensmeier  
staff writer

Are you 21 and looking for some cheap entertainment? Every week the Diamond Jo Casino has some form of entertainment.

The Mississippi Moon Bar at the casino holds concerts by top artists such as Gretchen Wilson, Sara Evan, and many more. Prices for these concerts range from \$30-\$75.

At least once a month, the casino features a comedian or a hypnotist. Prices for these performances range from \$10-\$20. If you are interested in piano music, every Thursday, The Mississippi Moon Bar features Dueling Pianos with performances by different artists. Performances start at 8 p.m., the perfect time for a study break and to enjoy great music.

### Upcoming performances at Mississippi Moon Bar:

- Wednesday, March 8, Comedian Scott Long
- Thursday, March 9, Dueling Pianos - Montanarro & Baldori
- Friday, March 11, .38 Special band
- Saturday, March 12, Felix Cavaliere and The Rascals
- Wednesday, March 16, Comedian Midnight Swinger

Performances start at 8 p.m. Must be 21 years of age to attend. For ticket information visit <http://www.diamondjo.com/upcoming>

The Mystique Casino also hosts a variety of entertainment, organizations, and \$3.6 million to emergency services.

### Upcoming performances at Mystique Casino:

- Saturday, March 5, Mississippi Band
- Friday, March 11 & Saturday, March 12, Tami & The Bachelor
- Friday, March 18 & Saturday, March 19, Adam Beck

Performance start at 9 p.m. Must be 21 years of age to attend. For ticket information visit <http://www.mystiquecasino.com/promotions-events/promotions-encore.php>

## Media Watch

molli finn  
a&e editor

1. What was the last movie you saw in theaters?
2. What CD is in your CD player right now?
3. What is your all time favorite movie?
4. What was the best concert you've ever been to/or what concert do you wish you could see?

### Bryan Zygmunt- Assistant Professor of art history

1. "Blue Valentine"
2. The Roots: "Things Fall Apart"
3. "To Kill a Mockingbird"
4. John Mayer in Washington, D.C

### Meggan Mausser- Freshman nursing major

1. "Gnomeo and Juliet"
2. Adele: "19"
3. "A Walk to Remember"
4. Keith Urban at the Iowa State Fair

### Sarah Lensen- Senior English major

1. "I am Number Four"
2. Owl City: "Vanilla Sky"
3. "Dear John"
4. Lady Antebellum at the Jones County Fair

### Josh Erickson- Senior elementary ed. Major

1. "Black Swan"
2. Beady Eye: "Different Genre, Still Speeding"
3. "The Shawshank Redemption"
4. Modest Mouse at Summerfest

## There's an app for that

tasha redmond  
back page editor

With iPhones, Droids and iPod touches being so popular, it's no wonder everyone has an app obsession. Some apps are very useful, such as restaurant finders, weather apps and apps to check your stocks, but then there are some that make you ask the question: There's an app for that?

There are two apps that have been pretty popular this season, Angry Birds and Fruit Ninja.

Angry Birds is an app known by many. This app lets you shoot many different kinds of birds at complicated structures to try and kill the little green pigs that give you dirty looks. Each kind of bird has its own use. Some go faster than others, some are bombs and others split into three different birds. The addictiveness involved in beating the levels gets to some people and they play for hours.

"I'm addicted and can't stop playing. I want more levels!" Elizabeth

VanHoe, freshmen elementary education major, says.

"I don't like angry birds because my mom took my iPod and drained my battery playing it," says Joe Dietrich sophomore CIS and philosophy major.

Second on the hot list is Fruit Ninja. Working on your ninja skills couldn't be more fun than with this app. As fruit is thrown into the air, you slide your finger across the

screen to slice the fruit. The more fruit you chop the more points you get. Add in some combo

chops and earn more points. "I play it during my physical therapy hours," says ReRe Humphries freshmen kinesiology major. "My brother was playing it. Then he dared me to beat his score and it's been a competition ever since," says Meryll Cornejo, junior nursing major.

## On the street: What are your plans for Spring Break?

lisa gibbs  
staff writer



### Jessi Crain, senior philosophy and business major

"I am going to Florida! I'm going with two of my friends and we are going to Disney World."

### Maria Vilar, junior sports management major

"I am planning on going on the Clarke service trip to New Orleans. I am very excited."



### Cassandra Reynolds, sophomore education major

"I work at a daycare back home and I miss all the kids. So I am going home to work."

### Victor Stribling, TimeSaver communication major

"Nothing special for me, I will continue working at Dubuque schools."

